

## CLAIMS

What is claimed in this application is:

- 5 1. A supplement distribution system comprising:  
a selected amount of a calcium supplement;  
a distribution container within which said selected amount of said calcium  
supplement is contained;  
a plurality of compactly assembled test strips arguably relevant to some aspect of  
10 use of said calcium supplement; and  
an attachment element connecting said distribution container and said plurality of  
compactly assembled test strips.
- 15 2. A supplement distribution system as described in claim 1 wherein said distribution  
container within which said selected amount of said calcium supplement is  
contained comprises a combined supplement and test container, and wherein said  
attachment element connecting said distribution container and said plurality of  
compactly assembled test strips comprises a combined supplement and test  
20 container seal.
3. A supplement distribution system as described in claim 2 wherein said combined  
supplement and test container seal comprises a tamper proof seal.
- 25 4. A supplement distribution system as described in claim 1 wherein said selected  
amount of a calcium supplement comprises a selected amount of a coral calcium  
supplement.
- 30 5. A supplement distribution system as described in claim 1 and further comprising an  
information display associated with said distribution container within which said  
selected amount of said calcium supplement is contained.
- 35 6. A supplement distribution system as described in claim 1 wherein said distribution  
container within which said selected amount of said calcium supplement is  
contained comprises:  
a supplement bottle; and

a cap removably connected to the top of said supplement bottle.

7. A supplement distribution system as described in claim 6 wherein said attachment element connecting said distribution container and said plurality of compactly assembled test strips comprises a top attachment element.
8. A supplement distribution system as described in claim 7 wherein said attachment element connecting said distribution container and said plurality of compactly assembled test strips comprises a shrink wrap element.
9. A supplement distribution system as described in claim 6 wherein said attachment element connecting said distribution container and said plurality of compactly assembled test strips comprises a tamper proof element.
10. A method of providing a supplement comprising the steps of:  
containing an amount of calcium supplement in a distribution container;  
selecting a plurality of saliva pH test strips useful to use of said calcium supplement;  
establishing a saliva pH test strip procedure;  
compactly assembling said plurality of saliva pH test strips;  
attaching said compactly assembled plurality of saliva pH test strips to said distribution container;  
externally displaying the presence of said plurality of saliva pH test strips to potential purchasers of said calcium supplement;  
providing said amount of said calcium supplement to a purchaser; and  
providing said compactly assembled plurality of saliva pH test strips to said purchaser of said calcium supplement at about the time of accomplishing said step of providing said amount of said calcium supplement to a purchaser.
11. A method of providing a supplement as described in claim 10 wherein said step of attaching said compactly assembled plurality of saliva pH test strips to said distribution container comprises the step of sealing said compactly assembled plurality of saliva pH test strips to said distribution container.

12. A method of providing a supplement as described in claim 11 and further comprising the step of demonstratively minimizing the likelihood of tampering of said distribution container by use of a tamper-proof seal, and wherein said step of sealing said compactly assembled plurality of saliva pH test strips to said distribution container comprises the step of utilizing said tamper-proof seal.
13. A method of providing a supplement as described in claim 10 wherein said step of providing said amount of said calcium supplement to a purchaser comprises the step of providing an amount of coral calcium supplement to a purchaser.
14. A method of providing a supplement as described in claim 10 wherein said step of containing an amount of calcium supplement in a distribution container comprises the step of containing an amount of calcium supplement in a distribution container having a supplement bottle and a cap on top of said supplement bottle.
15. A method as described in claim 14 wherein said step of attaching said compactly assembled plurality of saliva pH test strips to said distribution container comprises the step of attaching said test to said top of said distribution container.
16. A method as described in claim 15 wherein said step of attaching said test to said top of said distribution container comprises the step of shrink wrap attaching said test to said top of said distribution container.
17. A method as described in claim 14 wherein said distribution container has a tamper proof element, and wherein said step of attaching said test to said distribution container comprises the step of utilizing said tamper proof element of said distribution container.
18. A method of making a supplement available comprising the steps of:  
containing an amount of said supplement by a distribution container;  
selecting a test modality arguably relevant to some aspect of use of said supplement;  
establishing a user-practical procedure for use of said test modality;  
compactly assembling said test modality; and

providing said compactly assembled test modality for distribution in association with said distribution container.

19. A method of making a supplement available as described in claim 18 and further comprising the step of providing said compactly assembled test modality to said purchaser of said amount of said supplement at about the time of accomplishing said step of providing said amount of said supplement to a purchaser.
20. A method of making a supplement available as described in claim 19 wherein said step of providing said compactly assembled test modality to said purchaser of said amount of said supplement at about the time of accomplishing said step of providing said amount of said supplement to a purchaser comprises the step of attaching said compactly assembled test modality to said distribution container.
21. A supplement distribution system comprising:  
a selected amount of said supplement;  
a distribution container within which said selected amount of said supplement is contained; and  
a compactly assembled test modality arguably relevant to some aspect of use of said supplement attached to said distribution container.
22. A supplement distribution system as described in claim 21 and further comprising an attachment element connecting said distribution container and said compactly assembled test modality.
23. A supplement distribution system as described in claim 21 and further comprising an information display associated with said distribution container within which selected amount of said supplement is contained.
24. A method of enabling use of a supplement comprising the steps of:  
providing a contained amount of said supplement in a distribution container;  
selecting a test modality arguably useful to use of said supplement;  
providing said amount of said supplement to a purchaser; and

enabling accomplishment of said test modality by said purchaser of said amount of said supplement at about the time of accomplishing said step of providing said amount of said supplement to said purchaser.

5     25.     A method of enabling use of a supplement as described in claim 24 wherein said step of enabling accomplishment of said test modality by said purchaser of said amount of said supplement at about the time of accomplishing said step of providing said amount of said supplement to said purchaser comprises the step of attaching said test modality to said distribution container.

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26.     A method of enabling use of a supplement as described in claim 24 and further comprising the step of assembling said test modality for said purchaser.

27.     A supplement distribution system comprising:

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a selected amount of said supplement;

a distribution container within which said selected amount of said supplement is contained; and

a test enablement element associated with said distribution container.

20     28.     A supplement distribution system as described in claim 27 and further comprising an information display associated with said distribution container within which selected amount of said supplement is contained.

25     29.     A supplement distribution system as described in claim 27 and further comprising a compactly assembled test modality arguably relevant to some aspect of use of said supplement attached to said distribution container.

30     30.     A method of providing a supplement comprising the steps of:  
advertising the benefits of said supplement;  
30     selecting a test process arguably useful to use of said supplement; and  
educating potential users on said test process useful to use of said supplement at about the time of accomplishing said step of advertising the benefits of said supplement.

31. A method of enabling use of a supplement as described in claim 30 and further comprising the step of showing that said supplement is provided to a purchaser with said test modality at about the time of purchase of an amount of said supplement.
- 5 32. A method of enabling use of a supplement as described in claim 30 wherein said step of showing that said supplement is provided to a purchaser with said test modality at about the time of purchase of an amount of said supplement comprises the step of physically associating said supplement with a test modality.
- 10 33. A method of enabling use of a supplement as described in claim 30 and further comprising the step of containing an amount of said supplement by a distribution container.
- 15 34. A method of enabling use of a supplement as described in claim 30 and further comprising the step of assembling said test modality for said purchaser.
- 20 35. A method of enabling use of a supplement as described in claim 30 wherein said step of educating potential users on said test process useful to use of said supplement at about the time of accomplishing said step of advertising the benefits of said supplement comprises the step of externally educating purchasers on the value of said test modality relative to use of said supplement.
- 25 36. A supplement distribution system comprising:  
a selected amount of said supplement;  
a distribution container within which said selected amount of said supplement is contained; and  
a test education element associated with said distribution container which explains a test process useful to use of said supplement.
- 30 37. A supplement distribution system as described in claim 36 and further comprising an attachment element connecting said test education element to said distribution container.

38. A supplement distribution system as described in claim 36 and further comprising an information display associated with said distribution container within which selected amount of said supplement is contained.
- 5 39. A supplement distribution system as described in claim 36 and further comprising a compactly assembled test modality arguably relevant to some aspect of use of said supplement attached to said distribution container.
- 10 40. A supplement distribution system as described in claim 36 wherein said test education element comprises an externally displayed and externally attached test education element.
- 15 41. A method of making a supplement available comprising the steps of:  
containing an amount of said supplement by a distribution container;  
selecting a test strip modality to associate with said supplement;  
establishing a user-practical procedure for use of said test strip modality;  
compactly assembling a plurality of test strips; and  
providing said plurality of compactly assembled test strips for distribution in association with said distribution container.
- 20 42. A method of making a supplement available as described in claim 41 wherein said step of selecting a test strip modality to associate with said supplement comprises the step of selecting a pH test strip modality to associate with said supplement.
- 25 43. A supplement distribution system comprising:  
a selected amount of said supplement;  
a distribution container within which said selected amount of said supplement is contained; and  
a compactly assembled plurality of test strips attached to said distribution  
30 container.
- 35 44. A supplement distribution system as described in claim 43 wherein said compactly assembled plurality of test strips comprise a plurality of compactly assembled pH test strips.

45. A supplement distribution system as described in claim 43 and further comprising an information display associated with said distribution container within which selected amount of said supplement is contained.
- 5 46. A method as described in claim 18, 24, 30, 41, or 10 wherein said step of selecting a test to associate with said supplement comprises the step of utilizing a user practical test.
- 10 47. A method as described in claim 46 wherein said step of utilizing a user practical test comprises the step of requiring no separate equipment to accomplish said test.
48. A method as described in claim 46 wherein said step of utilizing a user practical test comprises the step of requiring no more than three substantive steps to accomplish said test.
- 15 49. A method as described in claim 46 wherein said step of utilizing a user practical test comprises the step of user accomplishing a step selected from a group comprising the steps of user licking an item and user dipping an item.
- 20 50. A method as described in claim 46 wherein said step of utilizing a user practical test comprises the step of utilizing a largely error tolerant test.
51. A method as described in claim 46 wherein said step of utilizing a user practical test comprises the step of utilizing an immediate results test.
- 25 52. A method as described in claim 51 wherein said step of utilizing a user practical test comprises the step of utilizing a test yielding results in time selected from a group comprising within about twenty seconds, within about sixty seconds, and within about three hundred seconds.
- 30 53. A method as described in claim 18, 25, 30, 41, or 10 wherein said test comprises a test yielding results in time selected from a group comprising within about twenty seconds, within about sixty seconds, and within about three hundred seconds.



54. A method as described in claim 46 and further comprising the step of establishing said test as a no-cost increment to purchase of said supplement.
55. A method as described in claim 54 wherein said step of establishing said test as a no-cost increment to purchase of said supplement comprises the steps of:  
5 informing a potential purchaser of the existence of said test prior to the time of purchase of said supplement; and  
indicating said test as free at about the time of sale of said supplement.
- 10 56. A method as described in claim 46 and further comprising the steps of:  
informing a potential purchaser of the existence of said test prior to the time of purchase of said supplement; and  
demonstrating the practical nature of said test to said potential purchaser.
- 15 57. A method as described in claim 46 wherein said step of selecting said test comprises the step of utilizing a multiple test regimen.
58. A method as described in claim 57 wherein said step of utilizing a multiple test regimen comprises the step of indicating a frequency for said user to accomplish  
20 said multiple test regimen.
59. A method as described in claim 57 wherein said step of utilizing a multiple test regimen comprises the step of utilizing a temporally sequenced testing process.
- 25 60. A method as described in claim 46 and further comprising the step of empowering a test recording option.
61. A method as described in claim 60 wherein said step of empowering a test recording option comprises the step of providing a manual recording system.  
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62. A method as described in claim 60 wherein said step of empowering a test recording option comprises the step of providing an internet-based recording system.

63. A method as described in claim 62 and further comprising the step of enticing use of said internet-based recording system.
- 5 64. A method as described in claim 63 wherein said step of enticing use of said internet-based recording system comprises the step of tracking changes in test results for a user.
65. A method as described in claim 63 wherein said step of enticing use of said internet-based recording system comprises the steps of:  
10 assessing potential error indicia; and  
communicating potential errors to said user.
66. A method as described in claim 46 and further comprising the step of coordinating a supply quantity of said test with a supply quantity of said supplement.  
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67. A method as described in claim 46 and further comprising the step of instructing a user in a manner designed to reduce test results variability.
- 20 68. A method as described in claim 67 wherein said step of instructing a user in a manner designed to reduce test results variability comprises the step of directing said user to achieve an approximately constant parameter test procedure.
- 25 69. A method as described in claim 68 wherein said step of directing said user to achieve an approximately constant parameter test procedure comprises the step of directing test processes selected from a group comprising: a time-of-day based test procedure, a pre-meal test procedure, a meal type test procedure, a same-time-of-day test procedure, a morning based test procedure, an evening based test procedure, a twice-a-day test procedure, a three-time-a-day test procedure, a weekly test procedure, a one hour after meal test procedure, a three hours after meal test procedure, a menstrual cycle timed test procedure, and a specific meals tie test procedure.  
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70. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the steps of:

informing a potential purchaser of the existence of said test prior to the time of purchase of said supplement; and  
associating said test with said supplement at about the time of accomplishing said step of informing a potential purchaser of the existence of said test prior to the time  
5 of purchase of said supplement.

71. A method as described in claim 70 wherein said step of associating said test with said supplement at about the time of accomplishing said step of informing a potential purchaser of the existence of said test prior to the time of purchase of said  
10 supplement comprises the step of temporally associating the availability of said test with said supplement at about said time of purchase of said supplement.

72. A method as described in claim 70 wherein said step of associating said test with said supplement at about the time of accomplishing said step of informing a  
15 potential purchaser of the existence of said test prior to the time of purchase of said supplement comprises the step of physically associating the availability of said test with said supplement.

73. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the  
20 step of making an on-site test available at a time of sale of said supplement.

74. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of making a send-in test available at a time of sale of said supplement.

25 75. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of making a supplement-need-indicative test available at a time of sale of said supplement.

76. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the  
30 step of making a supplement efficacy-based test available at a time of sale of said supplement.

77. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the  
35 step of making a user-profiled test available at a time of sale of said supplement.

78. A method as described in claim 77 wherein said step of making a user-profiled test available at a time of sale of said supplement makes available user-profiled test selected from a group comprising: a children-targeted test, a women-targeted test, a men-targeted test, a menstruational user-targeted test, an age targeted test, a prior history-targeted test, a symptomatic-targeted test, a coffee drinker-targeted test, and a prior blood test result-targeted test.
79. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of making an immediate results test available at a time of sale of said supplement.
80. A method as described in claim 79 wherein said immediate results test comprises a test yielding results in time selected from a group comprising within about three seconds, within about six seconds, and within about ten seconds.
81. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of making a test available at a time of sale of said supplement wherein said test yields results in a time selected from a group comprising within about twenty seconds, within about sixty seconds, and within about three hundred seconds.
82. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of making an internet reportable test available at a time of sale of said supplement.
83. A method as described in claim 18, 24, 30, 41, or 10 wherein said step of providing said test comprises the step of attaching said test to a distribution container for said supplement.
84. A method as described in claim 83 wherein said step of attaching said test to a distribution container for said supplement comprises the step of exteriorly attaching said test to a distribution container.
85. A method as described in claim 83 wherein said step of attaching said test to a distribution container for said supplement comprises the step of attaching said test to a top of said distribution container.

86. A method as described in claim 83 wherein said step of attaching said test to a distribution container for said supplement comprises the step of utilizing a tamper proof element of said distribution container.
- 5 87. A method as described in claim 83 wherein said step of attaching said test to a distribution container for said supplement comprises the step of utilizing a shrink wrap element.
- 10 88. A method as described in claim 83 wherein said step of attaching said test to a distribution container for said supplement comprises the step of also attaching a test-use information display to said distribution container.
- 15 89. A method as described in claim 83 wherein said step of attaching said test to a distribution container for said supplement comprises the step of attaching test strips to said distribution container.
- 20 90. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of distributing said supplement in a distribution container having a bottle and a cap on top of said bottle and wherein said step of providing said test comprises the step of attaching said test to said distribution container for said supplement.
- 25 91. A method as described in claim 90 wherein said step of attaching said test to said distribution container for said supplement comprises the step of attaching said test to said top of said distribution container.
- 30 92. A method as described in claim 91 wherein said step of attaching said test to said distribution container for said supplement comprises the step of shrink wrap attaching said test to said top of said distribution container.
93. A method as described in claim 91 wherein said step of attaching said test to said top of said distribution container comprises the step of conforming said test to said top of said distribution container.

94. A method as described in claim 91 wherein said step of attaching said test to said top of said distribution container comprises the step of attaching said test to said cap of said distribution container.
- 5 95. A method as described in claim 90 wherein said distribution container has a tamper proof element, and wherein said step of attaching said test to said distribution container comprises the step of utilizing said tamper proof element of said distribution container.
- 10 96. A method as described in claim 18, 26, 34, 41, or 10 wherein said step of assembling said test comprises the step of stacking a plurality of test items.
97. A method as described in claim 96 and further comprising the step of covering said test items.
- 15 98. A method as described in claim 97 and further comprising the step of instructing a user relative to the use of said test as part of accomplishing said step of covering said test items.
- 20 99. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of externally displaying information relative to said test.
100. A method as described in claim 99 wherein said step of externally displaying information relative to said test comprises the step of externally indicating directions for use of said test.
- 25 101. A method as described in claim 100 wherein said externally indicating directions for use of said test comprises the step of externally displaying a simplified test procedures explanation.
- 30 102. A method as described in claim 101 wherein said externally displaying a simplified test procedures explanation comprises the step of indicating a single step for the use of said test.

103. A method as described in claim 101 wherein said externally displaying a simplified test procedures explanation comprises the step of indicating not more than three steps for the use of said test.
- 5 104. A method as described in claim 99 wherein said step of externally displaying information relative to said test comprises the step of externally instructing a user on the use of said test.
- 10 105. A method as described in claim 18, 24, 30, 41, or 10 wherein said step of selecting said test comprises the step of selecting a test from a group comprising: a qualitative test modality, a semi quantitative test modality, a quantitative test modality, a rate of change test modality, an absolute value test modality, a relative value test modality, and a fail safe test modality.
- 15 106. A method as described in claim 18, 24, 30, 41, or 10 wherein said step of selecting said test comprises the step of selecting a test modality that is directly relevant to the use of said supplement.
- 20 107. A method as described in claim 106 wherein said step of selecting a test modality that is directly relevant to the use of said supplement comprises the step of selecting a test modality that has a high correlation to the use of said supplement.
- 25 108. A method as described in claim 107 wherein said step of selecting a test modality that has a high correlation to the use of said supplement comprises the step of selecting a statistically proven test.
- 30 109. A method as described in claim 108 wherein said step of selecting a test modality that has a high correlation to the use of said supplement comprises the step of selecting a test modality with a statistical uncertainty selected from a group comprising: a P less than or equal to about 0.05, a P less than or equal to about 0.10, and a P less than or equal to about 0.15.
- 35 110. A method as described in claim 18, 24, 30, 41, or 10 wherein said step of selecting said test comprises the step of selecting a test modality that is indirectly relevant of the use of said supplement.

111. A method as described in claim 110 wherein said step of selecting a test modality that is indirectly relevant of the use of said supplement comprises the step of selecting a publicly espoused test modality.
- 5 112. A method as described in claim 110 wherein said step of selecting a test modality that is indirectly relevant of the use of said supplement comprises the step of selecting a popularly used test.
- 10 113. A method as described in claim 18, 24, 30, 41, or 10 and further comprising the step of selecting a personal baseline test.
114. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said supplement comprises a non-prescription substance.
- 15 115. A system as described in claim 114 wherein said non-prescription substance comprises a vitamin.
116. A system as described in claim 115 wherein said vitamin comprises a vitamin selected from a group comprising: vitamin A, a B vitamin, vitamin C, vitamin D, and vitamin K.
- 20 117. A system as described in claim 114 wherein said non-prescription substance comprises a mineral.
- 25 118. A system as described in claim 117 wherein said mineral comprises a mineral selected from a group comprising: calcium, potassium, and sodium.
119. A system as described in claim 117 wherein said mineral comprises calcium.
- 30 120. A system as described in claim 117 wherein said mineral comprises coral calcium.
121. A system as described in claim 117 wherein said mineral comprises calcium carbonate.
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122. A system as described in claim 117 wherein said mineral comprises a chelated calcium.
123. A system as described in claim 114 wherein said non-prescription substance  
5 comprises an herb.
124. A system as described in claim 123 wherein said herb comprises an herb selected from a group comprising: ginko, ginko biloba, ginger, mandrake root, an ayurvedic herb, a native American herb, a Chinese herb, a Russian Herb, a Japanese herb, an  
10 ayurvedic medicinal herb, a native American medicinal herb, a Chinese medicinal herb, a Russian medicinal herb, and a Japanese medicinal herb, an ayurvedic supplement herb, a native American supplement herb, a Chinese supplement herb, a Russian supplement herb, a Japanese supplement herb.
125. A system as described in claim 114 wherein said non-prescription substance  
15 comprises a weight-loss substance.
126. A system as described in claim 125 wherein said weight-loss substance comprises a weight-loss substance selected from a group comprising: an anorexia mitigation  
20 substance, a metabolism increase substance, a decreased fat absorption substance, and an herbal weight-loss substance.
127. A system as described in claim 114 wherein said non-prescription substance  
25 comprises a physical development substance.
128. A system as described in claim 127 wherein said physical development substance comprises a physical development substance selected from a group comprising: a physical training substance, a body building substance, a nootropic substance, a cognitive capability increase substance, a memory capability increase substance, a  
30 memory enhancement substance and a sexual capability increase substance.
129. A system as described in claim 114 wherein said non-prescription substance  
35 comprises substance selected from a group comprising: acetaminophen, ibuprofen, aspirin, a test substance, an AIDS test substance, RU486, and a sexually transmitted disease test substance.

130. A system as described in claim 114 wherein said non-prescription substance comprises a pH indicative substance.
- 5 131. A system as described in claim 130 wherein said test comprises a pH strip.
132. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said test comprises a test from a group comprising: a test strip-based test, a chip-based test, a culture-based test, an absorption-based test, a chromatography-based test, an  
10 antibody-based test, a dye-based test, a blood thinner-based test, a vasodilator-based test, an AIDS-based test, a hormone-based test, a temperature-based test, a temperature strip-based test, a thermography strip test, a peripheral circulation-based test, a user extremity-based test, a red blood cell-based test, a blood presence-based test, an electrical conductivity-based test, a skin electrical  
15 conductivity-based test, a galvanic skin response-based test, a magnetic response-based test, a magnetic field-based test, an electrical field-based test, an electrical current-based test, a color coded results-based test, a testosterone-based test, an absorption-based test, a dipstick-type test, a vaginal fluid-based test, a sexually transmitted disease-based test, an enzyme linked immuno serum assay-based test, a  
20 kirlian photography-based test, a reaction time-based test, a photoelectric stimulus-based test, an alcohol presence-based test, a breath-based test, a blood-based test, an enzyme-based test, a virus-based test, a hormone-based test, a fertility-based test, a sperm motility-based test, a sperm count-based test, a viral byproduct-based test, a neuramidase-based test, a candida-based test, and a PCR-based test.
- 25 133. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said test comprises a saliva-sensitive test.
134. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said  
30 test comprises a test from a group comprising: a urine-based test, hair-based test, nail-based test, a non-invasive test, and a blood-based test.
135. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said  
35 step of selecting said test comprises the step of selecting a pH-based test.

136. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said test comprises a test from a group comprising: a ketone-based test, urea-based test, a serum albumin-based test, a hormone-based test, an immunoassay, an enzymatic assay, a free radical-based test, a redox-based test, an oxidative metabolite-based test, an IgG-based test, an IgA-based test, an IgM-based test, a venous plasma pH-based test, an arterial pH-based test, a free radical-based test, an antioxidant-based test, a chemical reaction-based test, an NPN-based test, and a PNP-based test.
137. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said test comprises a single parameter test.
138. A system as described in claim 18, 24, 30, 41, 10, 21, 27, 36, 43, or 1 wherein said test comprises a multiple parameter test.
139. A system as described in claim 138 wherein said multiple parameter test comprises a two stage test.
140. A system as described in claim 138 wherein said multiple parameter test comprises a three stage test.
141. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a user practical test which is relevant to some aspect of use of said supplement.
142. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises a self-contained test relevant to some aspect of use of said supplement.
143. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises a no more than three substantive step test relevant to some aspect of use of said supplement.
144. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises

a user practical test selected from a group comprising a user mouth-based test relevant to some aspect of use of said supplement and a user dip-based test relevant to some aspect of use of said supplement.

- 5     145. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises a largely error tolerant test relevant to some aspect of use of said supplement.
- 10     146. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises an immediate results test relevant to some aspect of use of said supplement.
- 15     147. A supplement distribution system as described in claim 146 wherein said immediate results test relevant to some aspect of use of said supplement comprises a test configured to provide results in a time selected from a group comprising within about three seconds, within about ten seconds, and within about twenty seconds.
- 20     148. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises a no-cost increment test.
- 25     149. A supplement distribution system as described in claim 23, 28, 37, 45, or 5 wherein said information display associated with said distribution container comprises an information display indicating at about the time of sale of said supplement that said test is provided for free.
- 30     150. A supplement distribution system as described in claim 149 wherein said information display associated with said distribution container further comprises:  
an information display indicating at about the time of sale of said supplement that said test is provided with the purchased of said supplement; and  
an information display demonstrating at about the time of sale of said supplement a practical nature of said test.

151. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises a multiple regimen test relevant to some aspect of use of said supplement.
- 5 152. A supplement distribution system as described in claim 141 and further comprising a test result recordation enablement element.
153. A supplement distribution system as described in claim 152 wherein said test result recordation enablement element comprises a manual test result recordation  
10 element.
154. A supplement distribution system as described in claim 152 wherein said test result recordation enablement element comprises an internet-based test result recordation element.
- 15 155. A supplement distribution system as described in claim 154 wherein said internet-based test result recordation element comprises a test results change tracking system.
- 20 156. A supplement distribution system as described in claim 154 wherein said internet-based test result recordation element comprises:  
a potential test error indicia assessment system; and  
a user feedback system responsive to said potential test error indicia assessment system.
- 25 157. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises a supplement supply quantity coordinated test.
- 30 158. A supplement distribution system as described in claim 141 wherein said user practical test which is relevant to some aspect of use of said supplement comprises a test variability reduction element.

159. A supplement distribution system as described in claim 158 wherein said user practical test which is relevant to some aspect of use of said supplement comprises an approximately constant parameter test.
- 5 160. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises an approximately constant parameter test selected from a group comprising: an approximately constant time-of-day based test, an approximately constant pre-meal test, an approximately constant meal type test, an approximately constant same-time-of-day test, an approximately constant morning  
10 based test, an approximately constant evening based test, an approximately constant twice-a-day test, an approximately constant three-time-a-day test, an approximately constant weekly test, a one hour after meal test, a three hours after meal test, a menstrual cycle timed test, and a specific meals tie test.
- 15 161. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a temporally-associated-with-distribution test.
162. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a physically-associated-with-distribution test.  
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163. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises an on-site-distribution-available test.
164. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a send-in test.  
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165. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a supplement-need-indicative test.
- 30 166. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a supplement efficacy-based test.
167. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a user-profiled test.  
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168. A supplement distribution system as described in claim 167 wherein said user-profiled test comprises a test selected from a group comprising: a children-targeted test, a women-targeted test, a men-targeted test, a menstruational user-targeted test, an age targeted test, a prior history-targeted test, a symptomatic-targeted test, a coffee drinker-targeted test, and a prior blood test result-targeted test.
169. A supplement distribution system as described in claim 21, 27, 36, or 43 and further comprising an attachment element connecting said test to said distribution container.
170. A supplement distribution system as described in claim 169 wherein said attachment element connecting said distribution container and said test comprises an exterior attachment element.
171. A supplement distribution system as described in claim 169 wherein said attachment element connecting said distribution container and said test comprises a top attachment element.
172. A supplement distribution system as described in claim 169 wherein said attachment element connecting said distribution container and said test comprises a tamper proof element.
173. A supplement distribution system as described in claim 169 wherein said attachment element connecting said distribution container and said test comprises a shrink wrap element.
174. A supplement distribution system as described in claim 169 wherein said attachment element connecting said distribution container and said test comprises a conformed top attachment element.
175. A supplement distribution system as described in claim 21, 27, 36, or 43 wherein said distribution container within which said selected amount of said supplement is contained comprises:  
a supplement bottle; and  
a cap removably connected to the top of said supplement bottle.

176. A supplement distribution system as described in claim 175 wherein said attachment element connecting said distribution container and said test comprises a top attachment element.
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177. A supplement distribution system as described in claim 176 wherein said attachment element connecting said distribution container and said test comprises a top shrink wrap element.
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178. A supplement distribution system as described in claim 176 wherein said attachment element connecting said distribution container and said test comprises a conformed top attachment element.
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179. A supplement distribution system as described in claim 176 wherein said attachment element connecting said distribution container and said test comprises a cap attachment element.
180. A supplement distribution system as described in claim 175 wherein said attachment element connecting said distribution container and said test comprises a tamper proof element.
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181. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a test selected from a group comprising: a qualitative test, a semi quantitative test, a quantitative test, a rate of change test, an absolute value test, a relative value test, and a fail safe test.
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182. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a directly relevant test relative to the use of said supplement.
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183. A supplement distribution system as described in claim 182 wherein said test comprises a high correlation test relative to the use of said supplement.
184. A supplement distribution system as described in claim 183 wherein said high correlation test comprises a statistically proven test.
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185. A supplement distribution system as described in claim 184 wherein said statistically proven test comprises a test with a statistical uncertainty selected from a group comprising: a P less than or equal to about 0.05, a P less than or equal to about 0.10, and a P less than or equal to about 0.15.
186. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises an indirectly relevant test relative to the use of said supplement.
187. A supplement distribution system as described in claim 186 wherein said indirectly relevant test comprises a publicly espoused test.
188. A supplement distribution system as described in claim 186 wherein said indirectly relevant test comprises a popularly used test.
189. A supplement distribution system as described in claim 21, 27, 36, 43, or 1 wherein said test comprises a personal baseline test.